



PLAYITSAFE

Health Education Services at Harlem RBI & South Bronx RBI

Harlem RBI's Play It Safe component is a sexual health education program that offers comprehensive and age-appropriate sexual health and relationship education. It is a creative and innovative educational program that surrounds youth with protective skill development and supports a reduction in behavior that puts youth health at risk. By collaborating with schools and youth serving agencies in East Harlem and the South Bronx, Harlem RBI is increasing self-awareness and education about adolescent health in our community.

Our middle school program participants receive a series of workshops that address the different stages of development, and which match participants stages of development. For example, after completing *Adolescent Development* in 6th grade and *Making Proud Choices* in 7th, HRBI 8th graders participate in a *Healthy Relationships* workshops.

Healthy Relationships

Throughout the fall, Harlem RBI 8th graders completed twelve Healthy Relationships lessons. This workshop equipped young people with the tools needed to effectively communicate their needs, wants, desires and rights with their peers, and potential romantic partners. Healthy Relationships exercises enhance their ability to identify warning signs that can lead to unhealthy behaviors, peer pressure or sexual decision-making. This component touches on substance use, bullying, and same gender relationships.



Marisol DeLeon, Harlem RBI's Sexual Health Educator, leads a discussion with 8th grade participants.

Culminating Activity

As a culminating activity, we partnered with Teens Helping Each Other (THEO) which came to our space to provide health education through theater. Trained Adolescent Peer Leaders taught Harlem RBI participants about HIV/AIDS, Safer Sex, Barrier Protection, Abstinence and other social issues pertinent to teens through improvisational theater techniques. The Peer Leaders used interactive games, songs, raps, poetry, dance and plays to effectively educate their peers about methods of prevention and healthy decision-making skills. For more information about this program contact Marisol DeLeon, mdeleon@harlemrbi.org, 212 722-1608.



Adolescent Peer Leaders prepare materials to share with Harlem RBI participants.